

# Worried about feeling safe?



Relationships can be complicated. Whether it's with a partner, ex partner or your family, they have their ups & downs

But they should never be controlling or harmful - physically or emotionally.

We're here for you if you're worried about feeling safe in your relationship

Talking to someone about how you feel can be the first step to getting the right support

We will give you the information you need, make you aware of your rights, and help you make the right choices for you

## Can we help?

 0161 793 3232

 [info@safeinsalford.org.uk](mailto:info@safeinsalford.org.uk)

 [salfordfoundation.org.uk](http://salfordfoundation.org.uk)



Scan using your phone camera

# Listening, understanding, practical help & support to break the cycle of abuse.

From weekly surgeries and Drop-ins and one to one help, Safe in Salford aims to provide all the support you need to stabilise your situation and break free from domestic abuse.

Independent Domestic Violence Advisors (IDVAs) will support people to achieve safety through risk management, advice and advocacy. IDVAs will provide signposting and referrals into relevant organisations developing a package of support tailored to the individual's needs.

Our Community/Step down provision will provide outreach support offering advice and support sessions delivered by trained professionals who understand the impact and consequences of domestic abuse. These sessions will cover safety and support planning, practical, emotional health, housing, welfare, debt and legal issues.

You can talk to doctors, nurses and other staff working at your GP Practice and request a referral for support relating to domestic abuse through our IRIS service. We will undertake risk assessments, safety plan, provide options and support.

In addition, we offer support for children and young people affected by domestic abuse in their families helping them in forming positive, healthy relationships. Support can also be offered to young people displaying harmful behaviour in their own relationships.

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Delivered in partnership by Salford Foundation Charity No. 1002482 TDAS Charity No. 1120983, TLC: Talk, Listen, Change Charity No. 512710, The Pankhurst Trust Charity No. 1126433